



Chinle NNPSR Field Office is Awarded Community Partnership Award By Chinle Service Unit



Harrison Gorman, Sr. Caseworker, NNPSR; Brianna Jones, Principal Caseworker, NNPSR; Ursula Knoki-Wilson, Community Relations Liaison, Chinle Service Unit (CSU); Ella Bia, Supervisor, CSU Recruitment, Retention, Recognition (R3) Department; Shirley Lewis, Administrative Officer, CSU; Raylyn Bethel, Customer Service Representative, CSU R3 pose for picture in front of CSU's "Tapestry of Wellness"

CHINLE – The Navajo Nation Program for Self Reliance (NNPSR) Chinle Field Office was presented a Community Partnership Award from Chinle Service Unit (CSU) Indian Health Service (IHS) on January 10, 2013.

“We received a 2012 Community Partnership Appreciation Award from IHS, the award recognizes the Chinle Field Office for the exceptional support that has been provided to Chinle Service Unit,” said Emmett Begay, Program Supervisor II of the NPSR Chinle Field Office.

“The award also recognizes the partnership between CSU and NNPSR’s customers who volunteer at IHS for work experience in 2012,” said Begay.

CSU’s volunteer program assists in different areas of the hospital; volunteers help in the inpatient and outpatient areas of the hospital.

The volunteers also assist in other areas of the hospital where there is a need. Volunteers receive training in ethics, customer service skills, Health Insurance Portability and Accountability Act (HIPPA), the Privacy Act, Equal Employment

Opportunity (EEO) and other areas depending on where the volunteer is placed within the hospital.

Volunteers from NNPSR, Navajo Workforce Development (NWDF), Office Youth Development (OYD) and other organizations have clocked in over 42,000 hours of work at CSU.

“The CSU volunteer program allows the hospital to increase manpower without increasing costs and allows permanent staff to concentrate their services on

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SELF RELIANCE**



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SUPPORT SERVICES

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New NNPSR Staff



Lynley Bitsie
Principal Caseworker
Greasewood Sub-Office



Rena Hoschain
Case Assistant
Shiprock Field Office



Rosalynn Platero
Case Assistant
Chinle



Shilinda Yellowhair
Caseworker
Tuba City

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patients allowing Chinle residents the best care available,” said Raylyn Bethel, Customer Service Representative.

Begay spoke about the benefits of the partnership between the NNPSR and CSU, “They want us to continue working with them and are willing to provide much needed training to our customers in areas such as community health education and customer service.”

“Therefore, the Chinle Field Office will continue to send customers that want to gain work

experience in the medical field or those that may want continue their education in the medical field,” said Begay.

Volunteer work not only gives participants the chance to help the community but it also gives participants the ability to gain new job skills and can make a difference when job-hunting. Most employers will only hire applicants with job experience.

Anyone interested in gaining more work experience, should call the Volunteer Coordinator at CSU, for more information on what is required to volunteer.

MSPI Sponsoring Mini-Conferences across Navajo Nation

The Navajo Nation Meth Suicide Prevention Initiative (MSPI) is sponsoring Mini-Conferences in local communities.

Two mini-conferences have already been held, one in the Shiprock community and the latest in Crownpoint, NM, on March 6, 2013.

The mini-conferences are one day events and the goal is to raise awareness within communities about preventing and recognizing meth use, suicidal behavior and domestic violence.

Other presentations are also given depending on the needs of the community; other topics such as traditional parenting, alcohol addiction, western/traditional disorders and healthy living have been presented. The conferences are once a month and will run through August 2013.

At the Crownpoint mini-conference, Special Diabetes Project gave a presentation on healthy living. In one of the activities, Bernice Jones, Nutritionist, Special Diabetes Project gave everyone a balloon. Her instructions were for participants to blow up the balloon to match the size their stomach. Everyone blew up their balloon to approximately the size of a small cantaloupe. Then she told everyone to hold up their balloon in one hand and hold up their fist with the other hand. She said, "Your stomachs are the size of your fists." Everyone's reaction spoke volumes about the misconceptions that everyone has about their own bodies. This activity was to raise awareness about people's bodies and the amount of food one should eat at meal time.

Ricardo Spencer, Principal Substance Abuse Counselor, Navajo



Char James, Prevention Specialist, Navajo Treatment Center for Children and Their Families gives a presentation on preventing suicide, here she is giving a participant a incentive for active participation.



Bessie Kee, Nutritionist, Northern Navajo Medical Center gives a presentation on preparing healthy Native foods at Shiprock MSPI Mini-Conference.

Nation Behavioral Health Program also gave a presentation on the physical effects that alcohol has on the human body. Alcohol not only damages the liver and kidneys but also damages the brain.

With increased use of alcohol, mental addiction becomes an issue. One of the ways to successfully overcome addiction is through counseling and abstaining from alcohol.

Spencer advised those in recovery: To complete their aftercare. Go to Alcoholics or Narcotics Anonymous. Get a sponsor. If prescribed, take medication for one year and get re-evaluated after one year. And finally, to voluntarily do urinalysis testing for one year.

Because the mini-conferences are sponsored by MSPI, the main focus of conferences is to raise awareness on meth and suicide prevention.

Char James, Prevention Special-

ist, Navajo Treatment Center for Children and Their Families gives a very personal presentation on suicide. Several years ago, James' son committed suicide. Her mission is to try to reach everyone through her personal experience and let them know that they can make a difference in a suicidal person's life.

The QPR curriculum is taught by MSPI for dealing with a person who is having a suicidal crisis. Q stands for Question, ask the suicidal person what is causing their suicidal thoughts. P stands for persuade. Persuade the person to get help from a professional before they take action. And R stands for refer; refer the person to a professional.

Anyone can be trained in QPR, three simple steps can save a person's life. Learn how to recognize the warning signs of a suicide crisis

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Former NNPSR Customer Lands Job at Northern Edge Casino



Former NNPSR Customer Gilberta Benally poses for picture

Farmington, NM – Former Navajo Nation Program for Self Reliance (NNPSR) customer Gilberta Benally has not had an easy life, she is a single mother with six kids.

Growing up in a home with eight brothers and sisters and constantly being shuffled around with no real support system, she found herself pregnant at the age of 14.

Benally found comfort in her boyfriend and baby, the young couple resolved to make their way through life and provide for their child.

The couple found themselves dropping out of school to care for the baby which is not what they envisioned for themselves.

Eventually, both Benally and her boyfriend, with the help of her boyfriend's mother were able to graduate from high school. "It was a good feeling to finally get my diploma; my boyfriend's family threw us a reception," said Benally.

"I wanted to go back to school

but I was pregnant at the time, so I became a stay-at-home mom," said Benally about her life after graduating from high school.

Benally lived with her boyfriend and eventually they got married, however their relationship was not always steady. In 2009, after her daughter was born, her marriage also ended. Benally recalls, "That was the hardest thing I ever had to do - - leave my husband. I am a stronger person today because of that, what gave me the strength was my kids."

Benally moved to Shiprock with her kids and no plan, "I was a mess for the first five, six months," said Benally. She added, "I got myself into counseling and I got my kids into counseling. I also started going to women's support groups."

Benally acknowledged what really helped her spiritually was going to a medicine man and getting prayers done for herself, "It gave me strength, to know that no matter how hard things get, you have hope and faith to get by," said Benally.

After Benally spent time on the NNPSR program she went to Navajo Workforce Development (NWFD) as a client and was placed at the NNPSR Shiprock Field Office. There she worked with Emerson Charley, Training Instructor. "It was very interesting, it was good experience and it was an eye-opener," said Benally.

"Working with Charley made me see things differently, made me want to push myself harder and explore the possibilities. I realized that I wanted to become a social worker; with all that I had been through, I know that I can help my own people," said Benally.

In September 2012, Benally was working at the NNPSR worksite. Navajo Nation began hiring for positions to fill a new casino being built near Farmington, NM, Northern Edge Casino. "Marian Tapaha

(Employment Development Specialist) called me about the casino job fair in Shiprock and encouraged me to go," said Benally.

"I needed a 'letter of interest' and resumé and Tapaha helped me with both," said Benally. Benally went to the job fair armed with her 'letter of interest' and resumé. She said "I was interviewed and they told me that they would call me, I really didn't think I would get the job at the casino; there were so many people there," said Benally.

In December 2011, while Benally was still working with Charley at the NNPSR, Northern Edge Casino called and offered her a job. "I went ahead and accepted it," said Benally.

"I knew sooner or later my Workforce time would end," about deciding to work at the casino, said Benally.

Benally completed her background check and went through orientation. By the beginning of 2012, she had a gaming license and was ready to start work.

On January 16, 2012, Northern Edge Casino held its Grand Opening, "We had to prepare everything for the opening and it was exciting. I started on the graveyard shift," said Benally.

Since that time, Benally has moved from the graveyard shift to working days and has been promoted to Hostess/Cashier at the casino.

Benally still plans to follow through with her plans of becoming a social worker, "Hopefully, one day I'll make a difference in someone's life," said Benally.

"Having a job has helped me a lot, it taught me self-responsibility and the value of having a job," said Benally. She went on to add, "I enjoy working at the casino, I get to meet new people and I learn new things every day."

NNPSR Staff Attend Cycle Training in Compliance with TFAP



Ricardo Spencer, Principal Substance Abuse, Navajo Nation Behavioral Health Program presents on alcohol abuse.



NNPSR Customers attend MSPI Mini-Conference in Crownpoint, NM.

and how to question, persuade, and refer someone to get help.

Creating meth awareness is done through visual aids and brochures that the MSPI booth carries. Encased in small cases are various paraphernalia that are used by meth users, such as syringes and pipes. In another case, there are organs from the human body which show the effects of what happens to the organs when abusing drugs.

MSPI Mini-Conferences are also planned for the communities of Alamo, Ramah and Tohajiilee and two larger conferences will be held with one in Arizona and the other in New Mexico during the summer of 2013.

Dates for Upcoming MSPI Mini-Conferences

April 10	Fort Defiance
May 15	Chinle
June 5	Tuba City
July 11	Dilkon
August 7	Kayenta

For more information about conference locations and times, call (928) 871-7679.



Fort Defiance NNPSR Program Supervisor II, Vera Johnson talks about the Growing Procedures of the Pathway to Self Reliance at staff training at Chinle NNPSR Training Room.

Window Rock, Ariz. - Navajo Nation Program for Self Reliance (NNPSR) staff is currently receiving a series of intense training on the policies and procedures of the NNPSR's Tribal Family Assistance Plan (TFAP).

Other topics such as Intense Case Management, Finance and Recovery, Improper Payment Procedures, Ethics & Professional Boundaries, Customer Service and Case Documentation are also presented to staff.

The training is referred to as Cycle Training; the NNPSR is currently in Cycle 8. Training began in February and will end in May 2013.

Cycle Training sessions begin with a Support Services Overview, with each of the section heads giving an overview about their respective sec-

tions. Support Services sections are comprised of Finance & Recovery Services, Customer & Staff Development, Management Information Systems, Policy, Research, Data, Quality Assurance, Fraud Investigation, Public Relations, Human Resources, Administrative Technical Support and the Executive section.

After the overview, the training is more detailed about the TFAP. After some of the training sessions, participants are tested on the material that was presented.

New staff are a priority and thereafter, current NNPSR employees will be required to complete the series of training. The next cycle training is planned for FY 2014.



NNPSR staff take part in Adventure Based Learning Exercises and learn Teamwork - - working together to accomplish a goal, while competing with other teams.

Attention: NNPSR Customers

The process to distribute School Clothing Vouchers will be changed this year. School Clothing Vouchers will no longer be distributed, instead the payments for school clothing will be paid out of the Tribal Assistance System (TAS).

School Clothing money will be put into your Wells Fargo PayCard or a check will be issued to the Head of Household. This will give your families the freedom to purchase your child's clothing from any vendor you choose.

It is necessary for you to bring in your child (ren)'s report cards in May 2013, at the end of the school year to verify attendance.

The payments will be made in July and August 2013, and only one payment will be made for the entire year.

NNPSR Eligibility criteria still applies, please talk to your NNPSR Caseworker for more information.

Thank you,

NNPSR

NNPSR Pinon Sub-Office Is Closed

Navajo Nation Program for Self Reliance (NNPSR) Pinon Sub-Office is closing as of March 29, 2013. All services will be provided at the NNPSR Chinle Field Office.

For more information, call (928) 674-8194 or (866) 347-2403.



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